

# DECEMBER



# 2015

Mon	Tue	Wed	Thu	Fri
<b>FRIENDS OF THE COUNCIL ON AGING LUNCHEON AT MONTANO'S RESTAURANT 12:00</b>	<b>1</b> <b>COA CAFÉ 12:30</b> <b>Tree Trimming 1:30</b> <b>Men's Exercise Class 10:45</b>  <b>Women's Reflections 6:30</b>	<b>2</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 Coffee Hour 10:00	<b>3</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>4</b> <b>Strength Training 9:00-10:00</b>  <b>White Line Class 1:30—3:30</b>
<b>7</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>8</b> <b>COA CAFÉ 12:30</b>  <b>Men's Exercise Class 10:45-</b>  <b>Women's Reflections 6:30</b>	<b>9</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10 w/ Kathy Stetson Coffee Hour 10:00 <b>Bereavement 1-2:30</b> <b>Legal Assistance (By Appointment)</b>	<b>10</b> <b>CORE 11-12:00</b> PACE 12:30-1:30 Mahjongg 1:00-4 Tea Time 1:30	<b>11</b> Strength Training 9:00-10:00 Shopping Trip 9:00 Mystery Book Club 12:30  White Line Class 1:30—3:30
<b>14</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>15</b> <b>COA CAFE 12:30</b> <b>Men's Exercise Class 10:45</b> <b>TCS Carolers 1:30</b> <b>Women's Reflections 6:30</b>	<b>16</b> <b>Tai Chi 8:30</b> Strength Training 9:00-10:00 Coffee Hour 10:00  Story Swap 11:00	<b>17</b> <b>CORE 11-12:00</b> <b>PACE 12:30-1:30</b> Mahjongg 1:00-4 Tea Time 1:30	<b>18</b> <b>Strength Training 9:00-10:00</b> Dr. Campo, Podiatrist <i>(by appointment)</i> <b>White Line Class 1:30—3:30</b>
<b>21</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>22</b> <b>COA CAFÉ 12:30</b> <b>Men's Exercise Class 10:45</b> <b>Women's Reflections 6:30</b> <b>HOLIDAY LIGHTS 4:30 –6:00</b>	<b>23</b> <b>Tai Chi 8:30</b>  Strength Training 9:00-10 w/ Kathy Stetson  Coffee Hour 10:00	<b>24</b>  <b>COA CLOSED</b>  <b>AT 11:30 AM</b>	<b>25</b>  <b>COA CLOSED IN OBSERVANCE OF CHRISTMAS</b>
<b>28</b> <b>Strength Training 9:00-10:00</b>  Memoirs Writing Group 10:30	<b>29</b> <b>COA CAFÉ 12:30</b>  <b>Men's Exercise Class 10:45</b>  <b>Women's Reflections 6:30</b>	<b>30</b> <b>Tai Chi 8:30</b>  Strength Training 9:00-10 Coffee Hour 10:00	<b>31</b> <b>COA CLOSED</b>  <b>AT 11:30 AM</b>	<b>Art Gallery Opening</b>  <b>Truro Central School Art Opening</b> <b>Tuesday, December 15 @1:30</b>